

Pam's Yogi Love Muffins

(use organic ingredients when available)

2 cups spelt flower

6 eggs

2 cups sugar / sucanat

3 teaspoons vanilla

½-teaspoon baking soda & baking powder

1 tablespoon Celtic or Sea salt

5 tablespoons hemp hearts

1 cup chopped pistachios

6 ripe bananas

1 small container blueberries

1 cup coconut oil

2 teaspoons cinnamon

Preheat oven to 350° and spray muffin pans with oil lightly. Puree bananas and blueberries in a separate bowl. In a mixer or mixing bowl - mix together eggs, oil, salt, sugar, vanilla, cinnamon until smooth. Add spelt flower, baking soda and powder, hemp hearts, pistachios and puree until mixed evenly. Spoon into muffin pan and bake for 30 minutes. Remove and test muffins with a toothpick. If it comes out clean, the muffins are done. Enjoy!